

# HEALTH NEWS AND FEATURES

## Coastal Home Care: Two Decades of Service

Coastal Home Care, formerly known as Eldercare and more recently as Southern Home Care Services, has been serving Savannah and Coastal Georgia residents for 30 years. They have a solid reputation in the community as a leading home care provider with a history of experience. Coastal Home Care is licensed by the state of Georgia as a Private Home Care Provider, and offers a full range of services from simple companionship, homemaking and errands, personal care and skilled nursing. We assist our clients in their own homes as well as in hospitals, nursing homes and assisted living centers. We also offer Care Management and Assessment Services. With offices located in Savannah, Statesboro and Brunswick, Coastal Home Care serves clients in eight Coastal Georgia counties. These include Chatham, Liberty, Bryan, Effingham, Bulloch, McIntosh, Glynn & Camden Counties.

Coastal Home Care offers a variety of services to meet the individual needs of every client. Companion/Homemaker Services include meal planning and preparation, light housekeeping, shopping and errands and companionship. Personal Care Services consist of all types of personal assistance such as bathing and dressing, toileting, and assistance with ambulation. Skilled Nursing Services are provided by either a Registered Nurse or a Licensed Practical Nurse and may include dressing changes, wound care, medication set-ups and administration - all as ordered by the client's personal physician. Care Management and Assessment Services are provided as a visit, by hourly rate, or for a monthly fee for ongoing services, by a Registered Nurse and Coordinator of services. Both Homemakers and Personal care Aides may assist clients with medication reminders. All services can be provided both on an hourly and on a per visit basis.

Coastal Home Care offers a wide variety of payment options, from long term insurance to payment through various Medicaid waiver programs. For rates and payment options for specific services, please call their office at 912-354-3680.

Coastal Home Care has been serving client Tom Lamar for close to two decades. He says, "The services I've received from Coastal Home Care have helped me stay out of nursing homes and have allowed me to lead an independent and active life. We've involved into a family."

In addition to the variety of services Coastal Home Care offers, they are continually seeking Certified Nurse Aides and Personal Care Assistants. Please call their office at 912-354-3680 or visit them in person to apply at 359 Commercial Drive, Suite E, Savannah, GA 31406. There is no requirement to have a CNA license, but experience is required. Coastal Home Care is on the web at [www.coastalhomecare.us](http://www.coastalhomecare.us).

## Know your ABCs during American Diabetes Month

ATLANTA (GA) - November is American Diabetes Month and the Georgia Department of Human Resources, Division of Public Health, encourages individuals across the state to learn more about diabetes and get tested if they believe they are at risk for developing the disease.

The Centers for Disease Control and Prevention (CDC) estimates that approximately 23.6 million people in the United States have diabetes, with another 57 million adults at high risk for developing the disease. Last year in Georgia, approximately 700,000 adults were diagnosed with diabetes, while another 350,000 may have had the disease but did not know it.

"Diabetes is a serious disease here in Georgia because it impacts a great

number of our adult population," said Dr. Sandra Elizabeth Ford, acting director of the Georgia Division of Public Health. "Diabetes can cause serious complications and even lead to premature death for those who are not properly managing it, who do not know they have it or who are at increased risk of getting it. We want individuals across Georgia to learn more about diabetes so they stand a better chance of living full and healthy lives."

Diabetes is a group of metabolic diseases marked by high blood glucose levels due to defects in insulin production, insulin action or both. It is also associated with excess glucose production from the liver. Diabetes can cause serious complications such as blindness, kidney failure, amputations, heart disease, stroke, nerve damage and

high blood pressure. Diabetes can also lead to premature death. In 2006, it was the seventh leading cause of death in Georgia, killing 1,626 individuals across the state. For every death with diabetes as the primary cause, there were two other deaths in which diabetes was a contributing cause.

The Georgia Division of Public Health is raising awareness about the symptoms of diabetes so Georgians who are undiagnosed can be identified. Experts recommend that individuals see their doctor and get tested.

## The Rules For Healthy Eating

*The goal of this series of articles and the goal of the Health Restoration 101 programs are to help you maximize your chances of living a longer, healthier life. Our programs are simple, comprehensive, well documented and easy to follow. "It's not magic, but it can change your life."*



Carolyn Guilford

The right fats in the diet are great for the brain, the blood vessels, and the nerves in the body.

Think about removing the bad fats from your diet, and make the extra effort to use only the good fats. Forget fat free, that is not a good idea. But using the right fats increases your intake of the heart healthy and cholesterol lowering Omega 3 fatty acids. These makes foods more tasty, satisfying and filling. Olive oil for general use in the kitchen, and coconut oil when you are frying. A small amount of butter is acceptable.

Minimize the amount of white sugar you use, and products made using white sugar. Refined sugar, processed sugar products including high fructose corn syrup, artificial sugar substitutes, and all the rest are harmful to the body, the brain, the heart, and interrupts the mood and energy centers of the brain, and are best avoided, and can make high blood sugar unmanageable while increasing the risk of early death and disability. We know that added sugar diminishes the immune system. The best sweeteners are the naturally occurring sugars in fresh fruits and veggies.

I believe that a small amount of dairy: low fat cheese and plain yogurt are a benefit when used to add verity to the diet, but don't count on them for the calcium. The best and most usable calcium is derived from an increased intake of green fresh veggies,

steady supply of digestive enzymes, protects it from excess acid secretion and enables it to metabolize food in the most efficient way, while keeping our energy levels and moods steady and even.

We hear a lot about red wines and their anti-oxidant vitamins and minerals, which help to reduce the risk of heart disease and some cancers. 100% red grape juice have the very same benefits and is much better than using alcohol, in a healthy lifestyle. However, I will allow myself one or two drinks per year and that is all. Over indulging can lead to liver damage, moodiness and low energy and more. But what ever you decide, never drink on an empty stomach, this can cause your blood sugar levels to crash. And don't drink and drive.

Remember, Health is a Choice.

If you have any comments or questions about health issues we've covered in this column, or an issue you'd like addressed, please call or write to:

Carolyn Guilford  
[www.HealthRestoration101.com](http://www.HealthRestoration101.com)

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